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Emerging designer makes whimsical fairy tale creations **P. 4**

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Do you know where to find Regina's legendary deli sandwiches? **P. 11**

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Dr. Franklin's Stetson Cat features 16 children's stories **P. 12**

# CARING FOR LIFE

AFTER BECOMING THE MOST FAMOUS NURSE IN THE PROVINCE, ROSALEE LONGMOORE IS BACK WHERE HER CAREER BEGAN **P. 6**



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Foster. *QLD* presenter Rosemary Longmire says, "We need to change the culture and make nursing equally as important as medicine for the patient." *QC* Photo by [www.qlc.com.au](http://www.qlc.com.au)

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## # FASHION P. 4



Amy Proulx is grateful for her personal fashion, but her rehearsal's dreams were a huge hit during her fashion show, where she wore the emerging designer's work. *QC* Photo by [www.qlc.com.au](http://www.qlc.com.au)

### QC COVER PHOTO BY DON HEALY

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# FASHION

Who is your favourite Saskatchewan designer?  
Email us at [qc@leaderpost.com](mailto:qc@leaderpost.com)

# SASKATCHEWAN FASHION INDUSTRY

## Janis Procyk:

### Practical in person, royal on the runway

By Ashley Martin

Unlike a fairy tale princess, Janis Procyk never dreamed of being where she is today.

Growing up, the idea of becoming a fashion designer with a burgeoning career seemed impossible.

In Filmmaker, painter, 250-or-so she was exposed to typical professions — accounting, policing. But a career in fashion like the designer she saw on Project Runway?

"That seems so wild and crazy. That's a runway, that's a job, for that," said Procyk, who showcased her inaugural collection at Saskatchewan Fashion Week (SFW) this month.

After high school, she moved to Lethbridge to pursue a business management degree.

She started working in event management.

She was unhappy.

Then three years ago, a cousin her age died in a car accident.

"That was kind of the kick. Life is so short to be miserable, you just need to live every moment to the fullest," said Procyk, 24.

She moved to Vancouver to study fashion at the Blanche Macdonald Centre.

She always liked fashion and would see the odd thing her grandmothers had bought her the basics.

At school, "Everything made sense and I'd pick things up right away."

But last fall, finished her fashion design diploma, Procyk still wasn't sold.

When she returned to Saskatchewan, she met with local designer Dean Remeck to gauge the industry.

She started working with him in January.

It was Remeck who encouraged her to apply to SFW.

With 40 contestants to choose from and SFW's second Procyk was "an underdog" since February to complete her collection for Pastak Design.

She didn't expect to win the SFW emerging designer award — she was watching Laurie Brown's show when she was called backstage with the other designers.

While teaching her sister, she heard her name announced and she was shocked.

I cried on stage," she says, embarrassed.

"All of a sudden it hits you with a wave. I have been working so hard on this for so long... I'm so honoured and so excited."

She's only beginning.

Procyk is filling orders for her fall/winter line, creating a spring/summer collection, and designing custom pieces for clients.

And she's still working with Remeck as a pattern maker.

"It's interesting to be working on pieces that I wouldn't normally make for myself," said Procyk, of Remeck's more mature designs. That said, "We both do a lot of lace-trimmed."



### THE EVIL QUEEN

Procyk's fall collection is made up of eight looks inspired by the fairy-tale villainess.

"I wanted the label to represent a sophisticated, powerful woman," said Procyk.

"I always had a soft spot for the queen. Everyone views her as being this villain, but she's a powerful, successful, confident woman that is, 'Have it all'."

She got the idea while trend forecasting for a school project last year. The abundance of black lace hooked her. "It's pretty but it also can be very evil."

QC PHOTOS BY  
SHAWN  
SCHUBBER

## FASHION



## DRESSED UP

**1. DRESS:** "I'm Obscure." I love lace. It's simple, classy. It's very clean and it's elegant, but it's not over-the-top."

**2. HAIR ELASTIC ON HER WRIST:** "My hair is always huge so it's a staple. Always have an elastic on your wrist. It's a really handy little thing. It's usually all over the place in an Afro."

**3. SHOES:** "I seldom wear anything like this. I don't wear a lot of this kind of shoe, but I love them. My shoe collection is absolutely insane."



OPPOSITE PAGE: TRACY FLEISCH

"I'm pretty simple. I usually go for comfort," said Poyke of her own wardrobe. "Comfortable shoes, jeans, a lot of the time, some of the stuff that I can move in."

Function is key for Poyke. "This piece that I wear, you can dress up, you can dress down. I'm all about function for things."

She dresses things up a lot more when she's going out, but she never gets too crazy.

"I feel like my personality is always above the clothes that I'm wearing anyway, so I just wear stuff to be comfortable and to be able to be myself."

Even some of her own designs are too bold for her taste. "The jeansuit, I don't think I would even have the courage to wear it."



## DRESSED DOWN

**4. JACKET:** World of Warcraft.

**5. SHIRT:** M/M.

**6. RINGS:** The one with the circles was a gift from her niece. The other rings are a mystery, "but it's nothing in the back."

**7. JEANS:** "My jeans have a hole in the side. They're great."

**8. WALLET:** J&J.

**9. SHOES:** "My 'Toms' are so worn out, they don't even have a sole on them. I'm on my feet usually all day every day."

# ON THE COVER

There was always something that was just so wrong, to try to right a wrong.  
— Rosalee Longmoore

# ROSALEE LONGMOORE

## A life devoted to serving others

By Ashley Martin

With an charisma to her posture and a parking lot as her stage, Rosalee Longmoore stood her ground.

"I'm prepared to face whatever I have to face to get a collective agreement for these people," she told the nurses and her thousands of fans on April 11, 2006.

Larry Hulsch remembers it well.

The Saskatchewan Federation of Labour president recalls a cheering sea of 500 nurses, many in uniform, some holding pocket signs, chanting "We love you Rosalee, we won't go back, we won't go back, we won't go back."

The Saskatchewan Union of Nurses (SUN) strike was three days in at that point.

After months without a collective bargaining agreement and negotiations at a standstill, the members walked off the job. At the time, the average nurse made \$33 an hour. The union was demanding a 30 per cent wage increase.

Longmoore had been SUN president for less than a year. She was appointed as president in 1996 to carry the union through bargaining its new contract. It was no simple task. SUN faced the ire of government (which introduced legislation to order the nurses back to work), was found in contempt of court and was fined \$120,000 after disobeying that law.

Finally by the end of July a 18.1 per cent increase was agreed upon.

It was eight percent short of the union's demands, but the strike was a pivotal moment for nurses in Saskatchewan, says Hulsch.

"It was kind of like the groundbreaking strike where the nurse union defined that they weren't about to be pushed around by anyone and I think that subsequently resulted in governments treating a little more carefully when it came to the bargaining table," he said. "They were defenders of their rights and they would go to whatever length they deemed as necessary to ensure that their rights were protected and that their voices were heard."

In the midst of the walkout, then health minister Pat Allen stated, "Nurses again will no allow ourselves to get too busy with other vital issues to fail to listen and to respond."

Tracy Stansbury recalls a shoutout Longmoore in front of a bank of media microphones.

"They were just pouring her with questions and she did not let us say," and Stansbury Longmoore's successor as SUN president. "She was as calm as can be 2006 for SUN was a turning point and she let us through it was the watershed moment for the union and it was no small feat."

Longmoore's strength during the months of negotiations is probably what kept her around for another 14 years.

"She was very loyal and responsive to the membership," said Hulsch. "She put herself in a significantly difficult position because if the government was going to prosecute someone, they would have probably prosecuted the president of the union, as she ended being fired and perhaps more than that."



Former president of the Saskatchewan Union of Nurses Rosalee Longmoore now works part-time at Extendedicare Clinics as a long-term care coordinator. CP PHOTO BY DON HALL

It was kind of like the groundbreaking strike where the nurses' union defined that they weren't about to be pushed around by anyone and I think that subsequently resulted in governments treading a little more carefully when it came to the bargaining table — Larry Hubich



Rosalee Longmore addresses the media and hundreds of nurses in the Saskatchewan Union of Nurses during let on April 8, 1995 during the SUR strike. LEADER POST FILE PHOTO BY DON HEATY

♦ ♦ ♦ ♦

After a 30-year leave of absence, not many people can step right back into their old job.

At age 86, Rosalee Longmore could have retired when her 50th presidency ended.

With three grown children, three grandchildren and a backyard with plenty of space for her favourite hobby gardening, could she could have filled her time.

But not long after her term ended in June 2003, Longmore returned to her old job as a nurse at Rosedale

#### Homecare

She started her nursing career there in 1978. But her history as a caregiver dates back further.

Growing up, Longmore helped take care of her father, William, who was a dialysis patient awaiting a kidney transplant.

She worked as a nurses' aide at Rosedalecare Society in the early 1970s during a break in her nursing studies.

As a wife she cared for her quadriplegic husband, John Longmore.

All the work that she did with my father and their working full-time

and taking care of all three of us, she has my mom. She's an inspiration," said Rosalee's mother, the youngest of Longmore's three children.

McNish seemed to follow in her mother's footsteps, she works as a continuing care aide.

Helping people and caring for people and knowing they have good care is really important to me," she said.

♦ ♦ ♦ ♦

Longmore was born in Monksville in August 1922 the second of William and Gertrude McNish's three children. She

grew up on a farm south of McLeod. When she developed lung from chronic asperitis when Longmore was five years old. But when she was in Grade 5, he got much worse. He was soon rushed by an ambulance to Regina, and took frequent trips to Saskatoon, the only place in the province for long-term dialysis at the time.

Longmore finished Grade 8 at Rosedalecare School in Regina, as the family temporarily resided at the St. John's care. She started high school close to home in Glenora, then went to Regina's Martin Collegiate, then to Saskatoon's Mount Royal,

moving as her dad's illness dictated.

Ultimately she moved to Weyburn to live in an apartment at Western Christian College. When passed away when she was in Grade 18.

A nursing career was already in Longmore's future in hospitals and clinics, health care workers had made an impact.

"So our family the women and men that were there providing care were like angels of mercy to us, because time and time again, they brought him back from near death," said Longmore.

Continued on Page 8

We've just become so focused on getting them through the medical processes that they're there for and out the door, that the nursing part of it is forgotten. — Longmoore

Then there was her father's, on, donated.

"I remember my dad saying to me one time, 'You should think about being a nurse. They make \$99 a day.' It was a nurse that offered a decent wage, I guess, back then."

And it was one of the few careers that were available to her, a farm girl from rural Saskatchewan — teacher or secretary were the other two, as far as she knew. She grew up without a television, catching the odd episode of *The Ed Sullivan Show* or *Bonanza* at her grandparents' house.

"Now when you look at the opportunities that are available to young women, the world is open. Every job is open to women now and people are much more aware of the opportunities that are available."

\*\*\*\*\*

Longmoore began her two-year post-secondary education in 1972 at the General Hospital School of Nursing.

She didn't finish her second year because Da knocked her out. She moved back home, "to my mother's house." When she returned, she got a job as a nurse's aide at the newly opened Saskatchewan Hospital.

When the Western Institute of Applied Arts and Sciences (now UAWIT) nursing program was established, she returned to school.

She graduated in 1976 and got a job at the new Extension Kliniken.

"A lot of my graduating class had trouble getting jobs," said Longmoore. "There had been a moratorium out of nurses from Ontario. I was lucky to actually get a full time job with Extension."

Lucky on two counts. At work as where she met her husband, John Longmoore, in 1978. He was a patient at Extension's father's general clinic from a motorcycle accident.

He was just a gentle, caring soul, owned a lot about people."

She and John were married in 1980, he died in 1995.

As the family kept him from working, John was a stay at home dad to Ashley, Dylan and Savannah. The kids helped take care of him too. "There were some nurses that said they should move home to raise their kids," said Longmoore.



Saskatchewan Union of Nurses president Rosalee Longmoore and Health Minister Dan McKelvey sign an agreement to train and recruit nurses in 2008 during a news conference at the Foothills Hospital in Regina. (COURTESY OF UAWIT)

Her family was one reason for staying in long term care and all these years. With supportive employers and a predictable schedule, she didn't see fit to seek other adventures."

\*\*\*\*\*

Other adventures found her though.

While working at Extension, she became involved in the nurses' union. She first served on the local executive and bargaining committee, then in 1984 joined the BSN board, representing long term care facilities across Saskatchewan.

She later served as vice-president of long term care and VP of Finance, but had no designs for a larger role.

When BSN president Judy Juncer left the union to run for provincial government in 1990, Longmoore stepped in — temporarily she thought — to lead the union through bargaining.

It turned out that the family could function very well without me," and she decided to run for the position.

Over 15 years as president she represented BSN nationally and internationally.

She worked on a partnership with the provincial government to get 600

more nurses hired in Saskatchewan. And she bargained better conditions and wages for nurses in Saskatchewan.

"There was always something that was just so wrong, to try to right a wrong," said Longmoore. "New legislation to fight, new policies that are wrong, new nursing issues that need to be resolved."

One issue in nursing she's seeing is the way the profession has changed given demands on nurses' time and resources.

"We've just become so focused on getting them through the medical processes that they're there for and

out the door, that the nursing part of it is forgotten," said Longmoore. "And as new nurses enter the system, if that is what they see, that will continue to be the norm. If we don't change the culture and make nursing equally as important as meeting the medical needs of the patient."

As a nurse and as the spouse of a patient, she's seen the health-care system from all sides.

With nursing, it is the never-ending that you're doing a good job because you're so busy. At the end of the day, nurses are frustrated, and nurses feel like a lot," said Longmoore.



All the work that she did with my father and then working full-time and taking care of all three of us, she blows my mind. She's an inspiration. — Savannah McNab

"They go home thankful that nothing bad happened but not feeling totally fulfilled."

The healthcare system is the problem, says Longmore. Sending the least sick person home so the sickest person can take the empty bed is not right.

"We don't do a good job treating the whole person," she said.

The worst of it is when nurses encourage families to stay so the patient gets the attention they need, which the nurses can't provide. "We are so under-resourced — and we're relying on families to help us. I think that's terrible," said Longmore.

She agrees with the frustration through "healthcare suits for your doctors?" She was caring for her three children, and three (soon four) grandchildren, as healthy adults.

She's looking forward to spending summer at her parents, she loves flowers, and tends a small vegetable garden.

"If I was independently wealthy I would have a housekeeper before I'd have a gardener," she says.

She's on the United Way board, she believes maintaining an interest in the community is important.

After retiring from the SUN executive, Longmore decided she wasn't done working.

"I just want to go back and kind of see what my 15 years have achieved or not, if anything," said Longmore. She returned to Kalamazoo County just time to care for 15 to 30 long-term care residents.

As always, her favorite part of working is meeting residents and their families.

"Some things haven't changed a bit and some things there's a lot of change."

There are more patients with diabetes and complex medical needs than there were two decades ago. But there's also more choice for patients in terms of meals and activities.

"The routine and what we do, really, none of that has changed," said Longmore.

"I'm still really liking it and I feel like I'm contributing because there's a lot of young nurses that I'm happy to support and they are a support to me."

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Rosalee Longmore with her grandchildren Jacob, Jane, and Porter. 23 months old. QC PHOTO BY KIMM SCHUBERT



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**LEADER-POST**

# IN THE CITY

# MAY 24, 2016 — 12:24 P.M.

## A stoney expression



Miranda Olex (far right) laughs while human statue Michael Parker gestures to her as the Cathedral Village Arts Festival held on Oct. 26. In Regina over the weekend. GC PHOTO BY MICHAEL STILL

# SHARPEATS

See a food trend you think deserves a highlight?  
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## #SASKATCHEWAN FOOD TRENDS

# Deli sandwich can't be beat for taste, affordability

By Jenn Sharp

The sandwiches at Italian Star Deli are legendary.

Ask anyone in Regina where to get the best sandwich in the city and they'll likely point you to the 14th Avenue Italian market on Victoria.

An Italian couple, Frank and Gina Casarettani, bought what was then a confectionery in 1966 and began importing their favourite products from back home. The deli is now home to the largest selection of imported Italian goods anywhere in the city (and likely in the province) from the best olive oil to pasta, pizza, sausage and tiramisu. It's all here. There's also a healthy selection of ethnic products from Europe and South Africa, along with a strong representation of Saskatchewan-made products. The couple's son Carlo and his daughter Marlene are carrying on the family tradition.

It's a business plan. Even after the noon hour rush, there's often a lineup stretching through out the store for one of those famous sandwiches. Carlo takes orders and asks customers about their day. It feels like stopping in at an old friend's place rather than a business.

The grocery shopping mode. This place really does make a fantastic sandwich. There are three options — cold, medium or spicy. All come with a selection of deli meats, provolone, feta, pesto, homemade oil and vinegar and mustard. The medium heat sandwich has sliced banana peppers and the spicy includes the peppers along with Maria Gina's "super spicy spread."

I packed up a large spicy sandwich the other day and took it over to nearby Victoria Park as there's never that inside the deli. I planned on eating half and saving the rest for later but it was so delicious, that plan flew right out the

window. While the finely sliced deli meat and provolone was excellent and that spicy spread had plenty of kick, it was the soft and chewy artisan focaccia bread that kept me going back for more. Oh, please, how I love you.

And at it, yet I'd heard around to find a cheaper lunch anywhere else.

Up until last month, nothing in Saskatoon quite compared to the Italian Star Deli. Kudos to the newly opened, Riverside Deli on the corner of 14th and 10th St. W. Owned by the two Darlys (Kella and Taylor), their dream was to bring deli meats, cheese and a European-style deli to the Regina City.

Products from Italy, Greece, Portugal, London and Montreal are available on the market side.

"All the ingredients we love to work with and that we know a lot about, we bring in. It's like Carlo and his daughter Marlene are carrying on the family tradition."

General manager Darly Taylor is a genius at bringing in products he knows Kella will love. Kinky things from pasta, to artichoke, olive oil and my personal favourite, balsamic vinegar. It's good enough to drink, trust me, I'm the market's abuser.

Riverside Deli's sandwiches GRAB my go-to and rival those of Italian Star. Kella makes the bread from scratch every morning. 90 loaves per day. Available from 11 a.m. to 3 p.m., the sandwiches are often sold out before 3. The quick board sandwich menu changes daily (there's always five options) and features the deli's meats and cheese, along with a vegetarian offering. A pickled pepper, from Kella's Ukrainian grandmother's recipe, is served on the side.

Have you tried a sandwich from Italian Star or Riverside Deli? Tell me what you thought about it.

[jsharp@thesaskpost.com](mailto:jsharp@thesaskpost.com)  
Twitter: @jennsharp13



The spicy deli sandwich with provolone cheese from Italian Star Deli is a perfect chewy and delicious focaccia bread. At \$7 this is undoubtedly the best quality sandwich in Regina at that price. [qcphoto.blogspot.com](http://qcphoto.blogspot.com)



The chalkboard sandwich menu at Riverside Deli changes often to reflect the meats and cheeses available. [qcphoto.blogspot.com](http://qcphoto.blogspot.com)

# READ MY BOOK

## LOCAL AUTHORS:

Writers tell us what makes their book worth reading

#ROLLI

## Short stories: Dr. Franklin's Staticy Cat

Hardly a week goes by without some brandy stranger shuffling up to me and asking, "Well, where on Earth do you get your ideas?" Well, the answer is surprisingly simple...

From an early age, I loved books. I loved reading. And before I could read, like all children I loved being read to. The more stories I absorbed, the more alone, the more I wanted to come up with ideas of my own.

Concretely, for me, has always begun with stories... and today and all the stories, told Dr. Franklin's Staticy Cat... is a collection of 16 whimsical children's stories... is my third book my first for children, and one of the very first to be published under Vancouver's magazine's own book imprint.

The stories are by and large of the laugh-out-loud variety, and full of sarcasm.

There's a story about a mouse who feeds street children... is to give. There's one about the greatest bottle in history... between vacuum cleaners. And there's even a given ordinary one about a girl who makes up and decides to die in a tree... however. Everyone's favourite story, it comes in the one called "Horse and Pretext." But there's no way as Sarah to describe that one. You'll just have to read it.

Reviews of Dr. Franklin's Staticy Cat have, so far, been excellent. It was selected as one of only three "Highly Recommended" middle grade titles for the winter season by



Regina Carter told

Rebecca Bennett, who said it was "destined to resonate with kids who love science and clever storytelling

techniques, and who need reassurance that it's OK (preferable even) to be a little strange." But it's honestly more important, to me that you find the book excellent as well. After all, I wrote these stories just for you.

Dr. Franklin's Staticy Cat is available at Chapters, The Artful Dodger in Kelowna, Amazon, the publisher's website ([www.westcoastbooks.com](http://www.westcoastbooks.com)) and the Rolli Shop ([www.rollishop.com](http://www.rollishop.com)).

If you do buy the book, though, I hope you keep a few things in mind. Only read it people find even more, or write as the examples. Only dirty inside into a book to the dinner table, and fill it with crumbs. Only the worst sorts of people read in the bath. Persons are filled with them.



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# OUTSIDE THE LINES

## # Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [go@leaderpost.com](mailto:go@leaderpost.com). One winner will be chosen each week.

Please send **high-resolution pictures** and include the child's name and contact information.



The May 14 QC colouring contest winner was **Ellie Tanton**. Congratulations! Thanks to all for your beautiful submissions. Try again this week!



WOLVERGREEN  
THUMB



The May 21 QC colouring contest winner was **Paige Geddes**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



It's like therapy... for your taste buds!

Try our yummy Shepherd's Delight!

**Ricky's**  
RESTAURANT & BAR

777 Albert Street • 306.775.3000  
[regina.rickys.com](http://regina.rickys.com)



# ON THE SCENE

## #RCMP CHARITY BALL GALA

This week's winners of the RCMP Charity Ball Gala, held in Regina on May 26, were still balancing exactly how much was raised for Creative Kids, an organization that helps move the financial barriers preventing kids from participating in activities such as music, dance, art, equestrian and theatre. But Christine Nelson of Creative Kids said they are confident the fundraiser reached the \$50,000 goal.

The gala showcased local entertainment representing a variety of artistic mediums. Saskatchewan's inspired cuisine was prepared by RCMP chef Jeff Varda.

Thanks to the first of a two-year commitment to help the RCMP fundraiser support Creative Kids, started by Saskatchewan in 2010, the Creative Kids program has developed 10 million and helped over 2,800 kids in 122 communities from across Saskatchewan.

The organization provides financial support for kids involved so they can participate in creative endeavours, such as learning to play the guitar, act on stage, take dance lessons or learn a language.

Since its inception in 1991, the RCMP gala fund-raiser has raised millions in support of Saskatchewan-based charities.



### QC PHOTOS BY MICHAEL BELL

1. Stephanie and Mike Langlois
2. Brad Naugle and Stephanie Robinson
3. Martyn and Natasha Rowland
4. David Kyle and Kim Newsham
5. Paul Kanasavago and Reilly Tyler
6. Lisa and Cameron Wyatt
7. Steve Burgess and Alexanne Lefebvre
8. Rob Moon and Larra Nagelmaes
9. Michelle Muller and Quinn Gosselin
10. Carlie Huxley, Brian Hubert, Lea Prydz, Catherine Ready and Christine Nelson
11. Sam Young, Jill Patton and Anne Miller

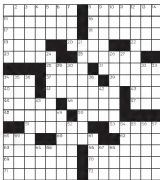


## #CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 WALTER  
 6 GUES  
 15 Whining away  
 16 Like some small  
 18 See 22  
 19 Sore joint  
 20 Sizable subunit  
 21 See 22  
 22 Barbecue, for one  
 23 Sites for sales  
 24 What's used in a  
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 28 Animal with stripes  
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WILL SHORTZ

## DOWN

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# JANNIC  
 CLASSIC  
 SUDOKU

## Lewak Silver

Fill in the blank cells  
 using numbers 1 to 9.  
 Each number can only  
 appear only once in each  
 row, column and 3x3  
 block. Use logic and  
 process of elimination  
 to solve the puzzle.

The difficulty level  
 ranges from Beginner  
 (1-3 stars) to Silver  
 (4-5 stars) to Gold  
 (6-9 stars).



Solution to the  
 crossword puzzle and  
 the Sudoku can be  
 found on Page 19

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**BUSINESS**  
**FR**  
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 Rest!*

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**KEN JEFFERSON**

**LORRAINE KLASSEN**

**Alexander Brown Quintet**

More info available @ [www.jazzregina.ca](http://www.jazzregina.ca)

## EVENTS

## # MUSIC

Wednesday, May 26

**Wednesday Night Public Works: Women in Song**  
Featuring Carly Fakhrosh, Taylor Doyle, Marley and Alice Wilson  
Buchwalter  
2205 Dewdney Ave

**Backbeat Wednesdays with Leah's Cabs**  
McNally's, 2226 Dewdney Ave

Thursday, May 29

**Harpade**  
Featuring The Buskas and Jemals 9 p.m., Flip Eaters, 9710 Hamilton St

**Huffera, The Acropolis**  
8 p.m., The Gimmie Club 1727 St. John St

**Shane and Eileen Hood, The Wolf**  
Send \$100 dinner and concert fund-raiser!  
8 p.m., Buchwalter  
2205 Dewdney Ave

**Tower of Song**  
Leonard Cohen tribute by Oliver Swain and Gloria Sarason  
8 p.m., The Club at the Exchange, 3431 Eighth Ave

**Archie Co-release**  
Artful Dodge, 1931 31st Ave

**Redwears tribute to Led Zeppelin**  
The Exchange, 3431 Eighth Ave

**Marc Labrecque**  
The Pump, 641 Victoria Ave E

**Electric Soul, Screaming Daisies, Black Dross**  
McNally's, 2226 Dewdney Ave

Friday, May 30

**Steve Gibson Band**  
The Whiskey, 1047 Park St

Atlanta 10



Toy Birch performs Thursday at Buchwalter as part of the Sea Seven fundraiser 961-LE Pith for Arthritis Society

McNally's, 2226 Dewdney Ave

**Marc Labrecque**  
The Pump, 641 Victoria Ave E

**Jeanine MacIsaac**  
The Mercury, 2930 10th Ave

**Gusman, Norrwa, Majestik**  
Artful Dodge, 1931 31st Ave

**Deany Oliver, Nick Fyfe, Poor Nameless Boy**  
The Exchange, 3431 Eighth Ave

**Travis the B&B, Old Town, Between Now and Then**  
The Club at the Exchange, 3431 Eighth Ave

**The Rags, 5K - to Dream**  
Okeanos, 1947 Seacht St

**The Milkmen's Band**  
Western Plaza Lounge, 1307 Broadway Ave

**Alan Russett**  
Edwards, 3300 Dewdney Ave

Saturday, May 31

**Gram Report**  
The Lawrence, 4325 Parkin Rd

**Alan Dundas**  
Edwards, 3300 Dewdney Ave

**Marc Labrecque**  
The Pump, 641 Victoria Ave E

**Davidson, Whitechapel, Reconnection, Cavendish, Rivers of Nile, Pit for an Amnesty**  
U of R Redell Centre

**Steve Gibson Band**  
The Whiskey, 1047 Park St

**Atlanta 10**  
McNally's, 2226 Dewdney Ave

**Regina Skrabala, Lavagade, Grubbs**  
The Club at the Exchange, 3431 Eighth Ave

**Mat the Alien**  
YQR Nite Club, 1075 Toronto St

**B.A. Johnson, These Faces, The Inkologist**  
The Gemini Club, 827 St. John St

**The Milkmen's Band**  
Western Plaza Lounge, 1307 Broadway Ave

Sunday, June 1

**Shawnford, Hapless Youth, Birch Hills**  
The Club at the Exchange, 3431 Eighth Ave

Monday, June 2

**Monday Night Jazz & Blues**  
Buchwalter  
2205 Dewdney Ave

**Weekly Drum Circle**  
Instruments provided  
7:30-9 p.m., The Living Room Centre, 3018 Down Dr. Call Mike 350-550-3991

Tuesday, June 3

**Paul Federal**  
Creative City Centre, 1843 Hamilton St

**The Exhibition, Fourish**  
Exhibition, 1847 Seacht St

## # VISUAL ART

**M.H. Webb**  
Until May 29, Asinbibo Gallery, 2250 Smith St

What you need to know to plan your week.  
Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

**Shelia Kerman Light, Corvair, Artist**  
Opening Reception: May 30, 5-9 p.m.  
Exhibition: June until June 26, Asinbibo Gallery, 2250 Smith St

**RC Adams: Birch Bark Ltd.**  
Winipeg artist RC Adams presents an installation of 34 porcelain birch bark sculptures. Until June 4, Silverwood Gallery, 6121 Redwood Blvd

**Two Perspectives: Kanes Holden and Neil Rolan**  
Through paint, weaving, clay and glass, they interpret and discuss the powerful landscapes of Saskatchewan. Until June 7, Art Gallery of Regina, Neil Gallwey Civic Arts Centre, 3420 Olinthos St

**Canadiana**  
What does it mean to be Canadian? Works by Canadian artists including Augustus Kenderdine, Dorothy Kewitts and Ernest Lucht. Until June 16, MacKenzie Art Gallery, 3435 Albert St

**Amelie Alder: we live on the edge of disaster and imagine we are not**  
Visual installation highlighting the work of Saskatoon filmmaker Amelie Alder. Until June 16, MacKenzie Art Gallery, 3435 Albert St

**You Are What You Represent: Da**  
New work by Artistic Ink. Until June 15, The Hugo & Helene Centre, Creative City Centre, 1843 Hamilton St

**Who's Afraid of Purple, Orange and Green?**  
The formalist esthetics of the mid-century movement of the 1950s are being reconsidered by female Canadian artists at various stages of their careers. This group exhibition brings together new works by artists from across Canada. Until June 20, Curlytop Art

Gallery - Central Element, 2381 12th Ave

**Joy Walker: Unlimited**  
Toronto artist Joy Walker's unique work for Central Library's next-floor wireless explores line, geometry, patterns and elements of chance using various media. Until June 20, RPA, Central Branch, 2230 12th Ave

**Gert van Ginkel: Deformed After Nature**  
New encaustics on wood and paper. Until June 28, Myrienne Gallery, 2706 89th Ave

**Sweet Tooth**  
With a seemingly light and airy aesthetic to art, Jefferson Little brings a level of serious contemplation about the moments and experiences that resonate through our lives. Until June 29, Slate Fine Art Gallery, 3078 Halifax St

**Essence of Place: The Art of Scott Nicholson Fine Arts**  
New exhibitions quarterly. Until July 3, Breeze Centre Crossing, 1621 Albert St

**Art in Bloom**  
Works offer a variety of textures, colours, patterns and materials. Until Aug. 24, MacKenzie Art Gallery, 3435 Albert St

**Mary Pratt**  
A five-decade retrospective which celebrates the renowned Newfoundland and Labrador artist. Until Aug. 24, MacKenzie Art Gallery, 3435 Albert St

**Nowhere Gallery**  
2145 Albert St. Open Tuesday to Saturday, 10 a.m.-5 p.m.

**Oakland Ink and Fine Arts**  
Oil and ink paintings by Chinese artists Linfeng Xiang and Huanyi Tian. 2382 Smith St. Open Monday to Saturday, 10 a.m.-5 p.m.





# EVENTS

## World Darkness Walk

June 1, 9 a.m.-5 p.m.  
Sagittarius Grounds

## Muscle For The Sole

Fundraiser walk/run to support music programming in Saskatchewan.  
June 1, 9 a.m.  
U of R Stadel Centre

## Regina Red Sox vs. Swift Current

June 1, 2:05 p.m.  
Cantor Field

## Provincial Heritage Fair

June 3-4  
Saskatchewan Science Centre, 2923  
Powerhouse Dr.

## # FILM

### Regina Environmental Film Festival

May 31 and June 1, 2-8 p.m.  
Artful Dodger, 1631 9th Ave.

## Only Lovers Left Alive

Directed by Jim Jarmusch  
A depressed musician musica with his lover, though their romance — which has already endured several centuries — is disrupted by the arrival of uncontrollable younger sister.

## Mistaken for Strangers

Documentary  
Tim Berringer chronicles his time spent on the road as a member of the tour crew for the national, the rock band fronted by his brother Matt.

## Best of Golden Globe Awards

Best of the Year Film Festival.  
Featuring: Forest, Dr. Smokey Shock, The Real Inglewood, Bastards, Let the  
Nightfall into the Swamp.  
Monday, 7-9 p.m.

## Regina Public Library Theatre

2311 12th Ave./306-777-6136

## Flight of the Butterflies

Documentary  
Join hundreds of millions of butterflies on an amazing journey to a remote hideaway in the mountains of Mexico.

## Kenya: Animal Kingdom

Documentary  
Discover Kenya's famous fauna in their natural habitat, including the top five — lions, African elephants, Cape buffalo, leopards and black rhinos — and gazelles, hippos and cheetahs. Meet two fearless young Maasai and follow them on their ritual safari.

## Island of Lemurs: Madagascar

Documentary  
Join scientist Patricia Wright on her thinking mission to help endangered lemurs survive in the modern world.  
Narrated by Morgan Freeman.

## Kramer Box

2933 Powerhouse Dr./306-522-4629

## # NEW MOVIES

### Maleficent (Action)

Maleficent was once a pure-hearted young woman living an idyllic life growing up in a peaceful forest kingdom. When an invading army of humans threatened the land where she lived, she proved herself to be a fierce protector. When she's betrayed, her pure heart turns to stone. Wielding magic, Maleficent decides to place a curse on Aurora, the newborn infant of the human king. But as the child grows up, Maleficent realizes Aurora may be the kingdom's only chance for peace.

### A Million Ways to Die in the West (Comedy)

When Albert (Seth MacFarlane), a hapless farmer, backs out of a gunfight, his girlfriend (Alanna

Saypol) leaves him for swifter man (Nail Patrick Harris). He meets another woman (Charlize Theron), who helps him discover his bravery and confidence. When the woman's husband (John Nixson), a notorious outlaw, rides into town seeking revenge, Albert has to put his new-found courage to the test.

### Salicylic Creams

430 McCarthy Blvd. N.  
306-522-9598


### Cineplex Odors

Seethard Mall Cinema  
3025 Glenlea Rd./306-585-3363

### Golden Mile Cinema

Golden Mile Shopping Centre  
3826 Albert St./306-399-0260

(Event listings are a free community service offered by QC. Listings will be posted if space permits.)



## Next week in QC

A look at Dionne Warner's courageous battle with cancer and the people who are helping her beat the odds

# WINE WORLD

## # SASKATCHEWAN WINE SCENE

### Spring fulfils the locavore's search for a wine alternative

By James Romanow

Once upon a time I was in charge of throwing a weekly art gallery party for sponsors. Usually the choice of what to serve was a desert party or a wine and cheese. I loved the two crowds had little overlap. If wine was on the menu, the desert crowd was disgruntled and left early. If desert was the choice, the wine crowd made a valiant effort to stick it out but tended to drift away.

These days, dry-table wine offers both at once and sugar-conscious leaders have leaped into the fray, carrying the banner "Local" on high. As most of the world lives in latitudes where the climate is either too cold or too hot for wine grapes, locavores have begun demanding alternative beverages to wine.

Mead, or honey wine, is one such choice. Unadorned, it is a truly sweet beverage. To balance it, many wineries add the good stuff with fruit pectin to add flavor and acidity. Cypress Hill Winery produces a number of honey wines available both at the winery and through the RLC.

Spring is a blend of ripe sour cherries and honey wine, and a recent winner of a double gold medal in the recent category of the All Canada wine championships. It is as intense berry flavored drink, with a bouquet of cherry and cinnamon. For me, Spring is best as a speaker



out with each other. If it would go great with any kind of meat, particularly wild or pork. I like it a little warmer than fridge temp.

If you're interested in the Cypress Hill line-up, they host tours and are open now from 10:00 a.m. to 6 p.m. and noon to 5 p.m. on weekends.

Cypress Hill Spring, \$18.00 \*\*\*

Many more wines in Mosley's paper and on Twitter @joshhouse

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## Crossword/Sudoku answers

S	C	H	I	R	R	A		G	R	I	S	S	O	M
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**Clarion**

MODEL C6703  
-AM/FM/CD USB Receiver  
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-Steered CD



**\$179**

SALE Reg \$299

**Pioneer**

MODEL MVH2070R  
-2 way full range stereo  
-Up to 1800W of power  
-Weatherable battery



**\$169**

SALE Reg \$259

**Pioneer**

MODEL MVH2000R  
-5.1 Multimedia touch panel  
-Built-In Bluetooth  
-USB Input



**\$279**

SALE Reg \$349

**Pioneer**

MODEL SM2010  
-4 Channel amplifier  
-HIFI Disc Amplifier  
-1500 Watts x 4 @ 1  
-0.05ms - 200 x 2  
-Watts Integrated



**\$199**

SALE Reg \$349

**Pioneer**

MODEL TS1601S4  
-12" Compact  
Surface Mounter  
-100ms - 1500W  
power handling  
-Laser Voice coil



**\$69**

SALE Reg \$149

**Clarion**

MODEL FZ150  
-Digital Media Processor  
-AUX/USB input  
-Very small mounting depth



**\$69**

SALE Reg \$99

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